

## Pickled Mustard Seeds

Makes 20oz | 5 minutes prep (plus 1 hour rest) + 30 minutes cook time (plus 1 hour rest)

Wellspend Creative Director Nicole Sakai offers this simple recipe for pickled mustard seeds, one of our favorite ways to add pop to salads, deviled eggs, breakfast toasts, and more.

**1 cup dry yellow mustard seeds**

**2 cup white or apple vinegar**  
(or 1 1/2 cups vinegar + 1/2 cup water depending on how tart you want them)

**1 teaspoon kosher salt**

**3 Tablespoon honey or sugar**

**1 teaspoon turmeric** (optional)

**1 Tablespoon shallots thinly sliced or diced** (optional)

**Step 1** Rinse mustard seeds in a fine strainer under your faucet. Combine vinegar and salt in a medium stainless saucepan, add rinsed mustard seeds. Allow to soak at room temperature for at least 1 hour, up to overnight. This step is optional but makes for plumper more flavor seeds in the end.

**Step 2** Mix in honey (or sugar) and turmeric to the saucepan ingredients. If you have shallots, this is when you would add those to the pan.

**Step 3** Heat on the stove on medium until simmering. Stir frequently and keep at a simmer. \*Use a wooden or stainless spoon so the turmeric doesn't stain your utensil. Cook it for about 20 minutes. You will notice that the mustard seeds have plumped up and the consistency has thickened a bit similar to cooking grits.

**Step 4** Remove from the heat and allow it to cool to room temperature, uncovered, for about 1 hour. The mixture will become thicker as it cools.

**Step 5** Store in a lidded glass jar in the refrigerator.

**Note** This recipe can easily be cut in half.